

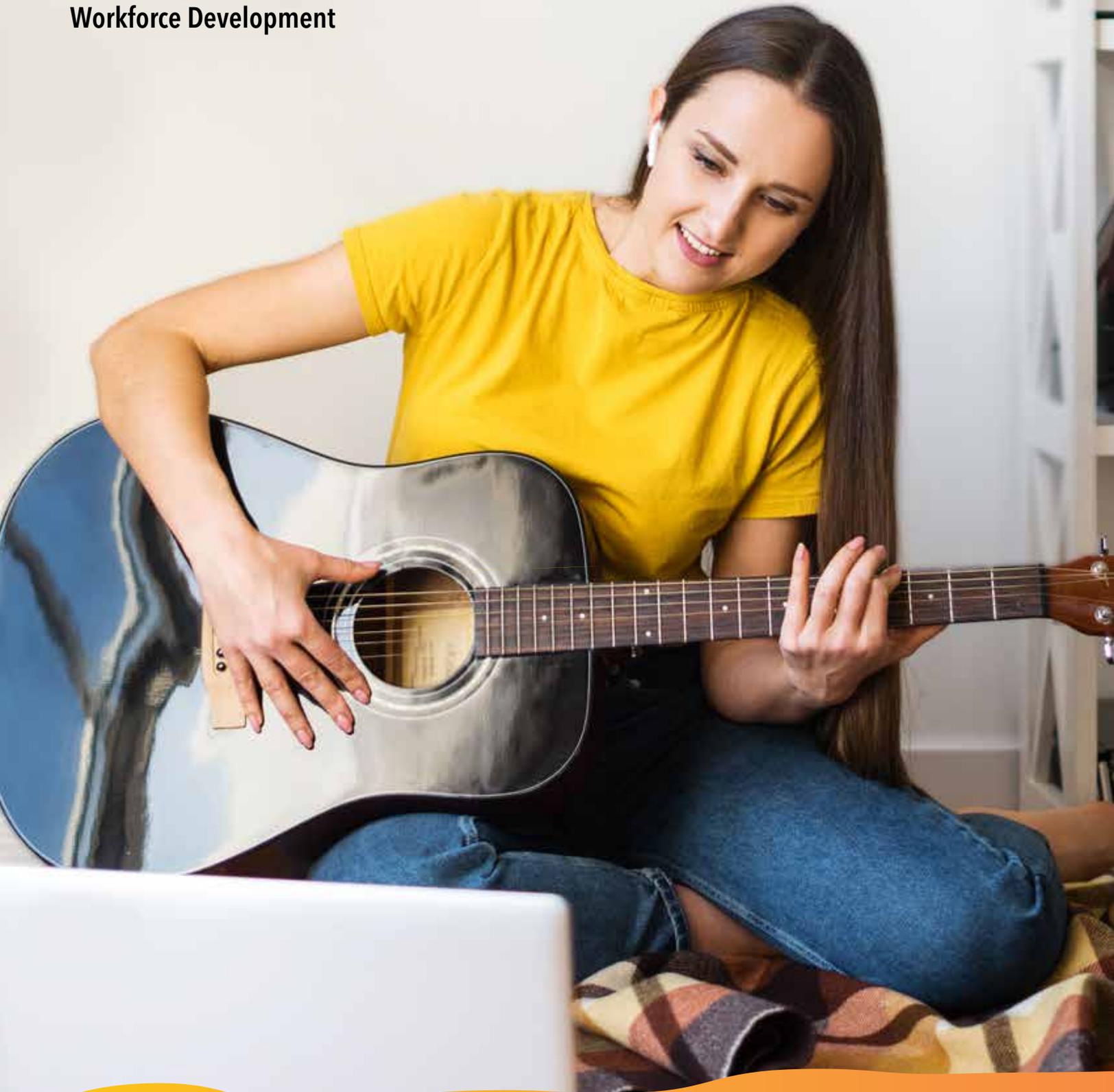


MANCHESTER
COMMUNITY
COLLEGE

Continuing Education and
Workforce Development

FALL 2020

PERSONAL DEVELOPMENT AND ENRICHMENT



Non-Credit Courses: September-December



ART AND CRAFTS

Introduction to Watercolor Painting

Learn the basic materials, brush techniques, value, color theory and color mixing of the watercolor medium. Students will learn observational painting from still life (focus on color mixing and value); observational painting of the atmosphere and light/ shadow (focus on texture, color, and brush work); and observational gesture painting, with an introduction to several non-traditional painting techniques (focus on movement, and expressive and conceptual mark-making). The final session will involve a culmination painting. A materials list will be sent to students prior to class. Please note: This course will be offered online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32663 | Fee: \$150

8 Wednesdays | 9/16-11/4

7-8:30 p.m. | Online

Instructor: Bonnie Rose Sullivan, M.F.A.

BODY, MIND AND SPIRIT

These classes are enrichment programs and do not necessarily reflect the views of MCC.

Qigong for Health and Wellness

Come learn and practice ageless movements that will create a natural flow of Qi energy. Done effortlessly, gracefully and powerfully, these movements connect us to all of nature, reaching deep into the earth and deep into the center of the universe and ourselves. We will also learn certain acupressure points to massage or tap, or where to apply essential oils that promote the smooth flow of qi in the channels and discuss studies that have shown how certain points can boost your immune system. Please dress in comfortable clothes. Please note: This course will be taught through an online format, using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32697 | Fee: \$55

4 Thursdays | 9/10-10/1

7-8:15 p.m. | Online

Instructor: John Mammone, M.A.

Meditation as a Life Skill

Learn how meditation can help relieve anxiety, distraction and internal clutter, and give you the ability to listen to your innate wisdom. We will discuss and experience silent, guided, breath-focused, body-focused and prayerful meditation. We will also discuss how to evaluate if you are "doing it right." Join us in this journey to physical, emotional and spiritual well-being. Students should have access to a comfortable sitting position. Journalers, keep a notebook handy. Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32698 | Fee: \$99

4 Tuesdays | 10/6-10/27

7-9 p.m. | Online

Instructor: Dory Dzinski, M.A.

All classes are online unless a specific room location has been assigned.

BODY, MIND AND SPIRIT

Dreams Workshop

Do you think your dreams are crazy sometimes? In many cases, your dreams are trying to get a message to you. Dreams can come from the conscious, subconscious or unconscious levels of our mind, and they can also be symbolic or prophetic. In this workshop, we'll consider various methods for dream interpretation. Have some dreams to share, or simply be an avid listener! Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32667 | Fee: \$40

1 Wednesday | 11/18

6-9 p.m. | Online

Instructor: Dory Dzinski, M.A.

How to Reduce Stress and Live a Healthier Life

Nearly everyone lives with some form of stress in our stressful age. Yet, most people don't realize how profoundly stress can affect their health. Forty-three percent of all adults suffer stress-related adverse health effects; in short, stress is harmful to our bodies. It increases our risk for sleep disturbances, anxiety, muscle pain, abdominal obesity, poor immune system function, diabetes and heart disease; however, there are solutions. This class will help you to understand the sources of stress in your life and what you can do to manage them. You will better understand the effects of stress and learn steps to remove its causes for a healthier lifestyle.

Please note: This course will be taught online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32693 | Fee: \$25

1 Thursday | 10/8

7-9 p.m. | Online

Instructor: Marie Mammone, N.D.

Working Toward a Stress-Free Life: Exploring Exciting Ways of Balancing Life and Work

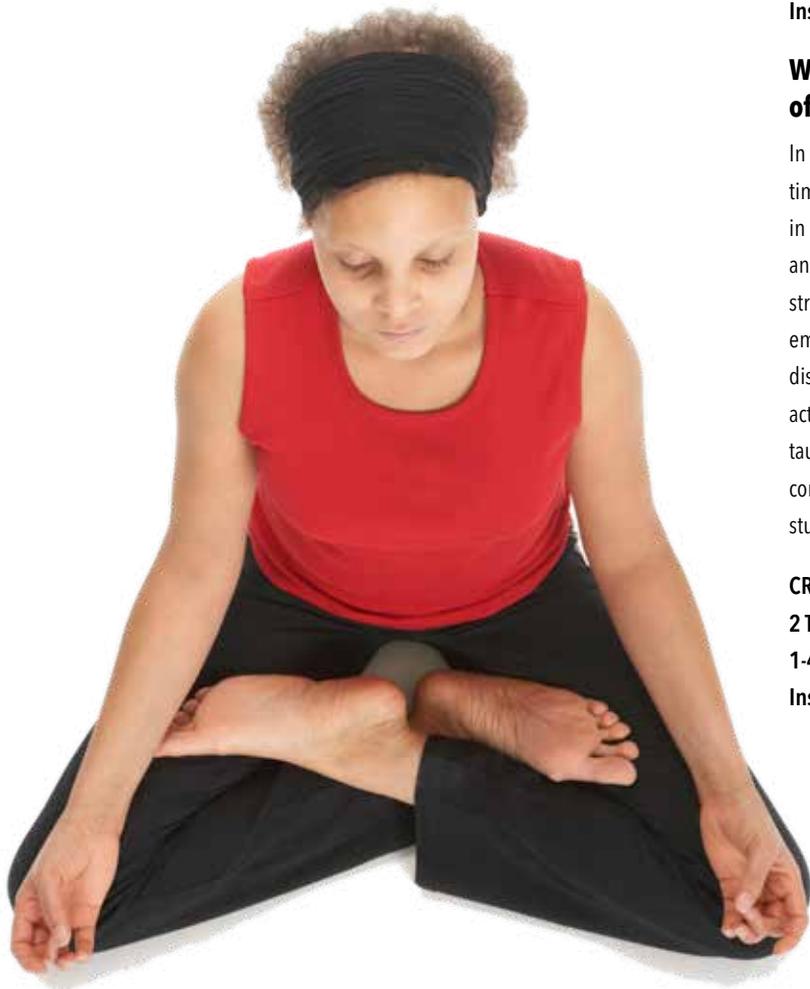
In today's fast-paced environment, we experience an increasing demand on our time and resources. Positively managing stress can make a tremendous difference in our lives. Explore how stressors inhibit our productivity and affect our health and state of mind. During this interactive workshop we will identify the common stressors we face in everyday life, learn how stress affects us physically and emotionally, explore positive coping strategies and better time management skills, discover exciting alternatives to stress management, and design a personalized action plan to help live a more balanced lifestyle. Please note: This course will be taught online through video lessons, using Zoom; students may use a personal computer, laptop or smart phone to access Zoom. The instructor will contact students with further instructions

CRN 32654 | Fee: \$90

2 Tuesdays | 10/13-10/20

1-4 p.m. | Online (limited seating)

Instructor: V. Allison Reed, M.S., C.A.G.S.



All classes are online unless a specific room location has been assigned.

CUISINE

Fresh Pasta Delicacies

Whether you've never made fresh pasta, or just need to brush up on your technique, this class is for you. Learn how to mix, crank and design fresh pasta shapes and flavors from scratch. We'll captivate your taste buds with Fried Ravioli with Spicy Marinara, Acorn Squash Cappellacci with Maple Cream Sauce, and Pappardelle with Sausage and Peas. We'll pair our fresh pasta dishes with something flavorful! Participants will be emailed a list of ingredients and basic kitchen equipment. Please note: This course will be offered online, using Zoom. Students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32741 | Fee: \$45

1 Thursday | 9/10

6-9 p.m. | Online

Instructor: Joshua Ogradowski, M.A.T.

Sicilian Cuisine

Sicily is the island off the boot of Italy in the Mediterranean, rich in seafood, produce, and a plethora of classical dishes. Come learn hands-on the cuisine and taste of Sicily by creating a variety of dishes, including Sicilian Stuffed Mushrooms, Tomato and Bread Soup, Risotto and Shrimp Arancini and Fritto Misto. Students

should bring containers to take leftovers home. Participants will be emailed a list of ingredients and basic kitchen equipment. Please note: This course will be offered online, using Zoom. Students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32742 | Fee: \$45

1 Thursday | 10/8

6-9 p.m. | Online

Instructor: Joshua Ogradowski, M.A.T.

Artisan Italian Breads and Rolls

Think outside the "bagged bread." Learn about freshly made Italian artisan breads and rolls and the delicious variety available to you. We'll make classics like the Braided Italian Sesame loaf and Zeppole. But we'll also make some challenging ones like Asiago Ciabatta Rolls and Pane Bianco. Some starters are required to prepare 24 hours prior to class. Participants will be emailed a list of ingredients and basic kitchen equipment. Please note: This course will be offered online, using Zoom. Students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32690 | Fee: \$45

1 Thursday | 11/5

6-9 p.m. | Online

Instructor: Joshua Ogradowski, M.A.T.

Italian Christmas Cookies

Get your cookie platters ready for the holidays. Come learn how to make a variety of colorful and mouthwatering Italian cookies, including the classic Biscotti, Spumoni, Ricotta, and Anisette cookies. We'll also make Sfinge, the Italian version of a doughnut. A grocery list will be emailed to students before the start of class, and many of the food items and equipment are readily available, such as butter, eggs, flour, sheet pans and an oven. The chef will provide alternatives to ingredients and equipment to accommodate each household. Please note: This course will be offered online, using Zoom. Students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32740 | Fee: \$45

1 Thursday | 12/3

6-9 p.m. | Online

Instructor: Joshua Ogradowski, M.A.T.



All classes are online unless a specific room location has been assigned.



CULTURE AND HISTORY

Ancestry: Research Your Family History

Do you wonder about your ancestral heritage? And how far back you can trace your ancestors? Learn the fascinating process of how to explore your family roots. You will gain the tools and research skills necessary to continue on your own with the fun and joy of researching your ancestry, while creating for yourself and leaving for your descendants a wonderful legacy...the gift of your family history! Please note: This course will be offered online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32764 | Fee: \$85

2 Mondays | 10/19-10/26

6-9 p.m. | Online

Instructor: Carol Whitmer, B.S.

Mysteries of Ancient Ireland

In this course, you will learn about the heroes, heroines and Gods of ancient Ireland. Topics will include prehistoric monuments, ancient folklore, myths and legends, and some of the esoteric aspects of the Irish language. The instructor provides handouts. Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32671 | Fee: \$65

3 Thursdays | 10/1-10/15

7-9 p.m. | Online

Instructor: Mary Carchie, M.A.

Irish History from 800 A.D. to the Present

We will examine the outside influences that changed the Irish, from insular tribes of cattle raiders to Celtic Tigers, including the arrival of the Vikings, the invasion of the Normans, the domination of the Elizabethans, the importation of Protestant Scots, and all the Fenian uprisings that eventually led to independence and Ireland's entry into the modern world. The course will include discussion, visual aids, and handouts. A suggested reading list will also be provided. Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32670 | Fee: \$65

3 Wednesdays | 10/14-10/28

7-9 p.m. | Online

Instructor: Mary Carchie, M.A.

All classes are online unless a specific room location has been assigned.

DANCE

Adult Ballet for the Absolute Beginner

Learn to move with the grace of a ballerina! Maybe you've seen the new ballet barre fitness workouts and are curious to try the barre. Maybe you used to take ballet as a young child and would like to resume practice. This course will teach you the basics of ballet, beginning with the very first fundamentals. Learn the positions and learn the exercises that use the ballet barre, as well as some center practice. Ballet creates long, lean muscles and builds strength and grace. Don't just wonder about the fun and benefits of ballet—sign up for classes with our expert instructor! Students should have their own ballet slippers. Please note: This course will be taught through online lessons using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32668 | Fee: \$90

7 Fridays | 9/11-10/23

6:15-7:15 p.m. | Online

Instructor: Liane Fisher, M.A.

Elementary Ballet

This course is designed for those with elementary ballet skills or as a sequel to *Adult Ballet for the Absolute Beginner*. Keep the fun going and your skills growing! If you're unsure about your skill level, you may send the instructor an email at liane@fisherballet.com. Students should have their own ballet slippers. Please note: This course will be taught through online lessons using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32669 | Fee: \$90

7 Fridays | 9/11-10/23

7:30-8:30 p.m. | Online

Instructor: Liane Fisher, M.A.

FAMILY, FINANCE AND CONSUMER ISSUES

Introduction to Stargazing

This course will begin each session indoors, providing informative discussions about the constellations, their mythology and seasonal variations, plus moon phases, planets and eclipses. The class will then move outdoors, weather permitting, for the last half-hour to hour of each session to observe objects that have been described in class, via the naked eye, binoculars and a small telescope (equipment provided by instructor). Please note: since the class may be going outdoors, you should wear long-sleeved clothing, long pants and shoes that allow you to stand comfortably for up to an hour in a field. Also, bring a light jacket, bug/mosquito spray or repellent, and a flashlight.

CRN 32724 | Fee: \$75

3 Wednesdays | 9/9-9/23

7:30-9:30 p.m. | AST Room C212

Instructor: Kerry McKinstry-Jett, M.S.

Mortgages and the Home Buying Process

The process for getting a mortgage is constantly changing and qualifying for credit is more challenging than ever. Whether you are considering buying for the first time or you are looking to get into the market a second or even third time, you'll need the most up-to-date information to be successful. You'll gain knowledge on understanding how to be a loan candidate, completing a home buying strategy, the impact of a credit score, pre-approval vs. pre-qualification, choosing a realtor, overview of the mortgage process, governmental changes impacting the mortgage industry and how they impact you, and rent vs. own. Handouts will be emailed. Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32717 | Fee: \$25

1 Monday | 9/21

7-9 p.m. | Online

Instructor: Eric Kincheloe, C.M.P.S.R.

All classes are online unless a specific room location has been assigned.



Interior Design Basics: Do-It-Yourself Kitchens

Is your kitchen stuck in a time warp, screaming for remodeling or refreshing? Are you nervous about taking on one of the most labor-intensive interior renovations in a home? Should you follow the latest trends, or go with a more conservative approach when considering your kitchen design? This course will provide you with the answers! We will explore various options on how to renovate or refresh your kitchen, including an introduction to kitchen designs; a review of cabinets and how to maximize your space and material selection (Good, Better, Best), creating and understanding your budget; project management and source options. Students should have a notebook and pen handy. Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32662 | Fee: \$45
2 Thursdays | 9/10-9/17
6:30-8:30 p.m. | Online
Instructor: Jill Betts, M.B.A.

Interior Design Basics: Do-It-Yourself Décor

Learn how to affordably refresh a room on a budget. Do you have a love/hate relationship with a certain room in your home? Do you have a hodgepodge of inherited furniture and accents, but don't know what to do with them all? Or perhaps some but not all of your furniture is a bit past its prime. This course will help you to decide what should stay, what should go and what needs to be added. Your take-away will be a better overall understanding of how to achieve the desired décor. Students should have on-hand a medium/small doodle or note pad, pencil or pen, a folder, scissors and a home magazine, and as well as a photo of your desired "Room to be Refreshed." Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32661 | Fee: \$45
2 Thursdays | 10/22-10/29
6:30-8:30 p.m. | Online
Instructor: Jill Betts, M.B.A.

All classes are online unless a specific room location has been assigned.

FAMILY, FINANCE AND CONSUMER ISSUES

Downsizing Done Right!

Do you have an accumulation of household items and are now faced with the daunting task of selling, gifting or donating your possessions, due to moving, retirement or simply the urge to purge? The instructor, an experienced auctioneer and appraiser, will share best tips and practices for how to market, sell, donate or discard your lifetime collection. Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32746 | Fee: \$25

1 Monday | 10/19

7-9 p.m. | Online

Instructor: Ralph Labozzo, M.B.A.

Educating the Picker: Best Practices for Antique and Collectible Shopping

Whether for fun or profit, for gifts or for yourself, this course will educate you - "the shopper" - in how to spot and pick antiques and collectibles at flea markets, estate sales, tag and yard sales, and estate and storage auctions. Learn how to evaluate and appraise items, discover bargains among antiques and collectibles, haggle with vendors, understand marketplace trends, and identify commonly found tag sale treasures: sterling silver vs. plated silver, paintings vs. prints, collectible glassware vs. ordinary, originals vs. reproductions, vintage toys vs. modern toys, etc. In the last session, students may bring in items for an evaluation or appraisal. As an extra bonus session (not included with the course), students will be encouraged to attend a Golden Gavel Auction on location in East Windsor. Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32725 | Fee: \$25

1 Monday | 10/5

7-9 p.m. | Online

Instructor: Ralph Labozzo, M.B.A.

Pick eBay to Profit from Tag Sale Discoveries

For those who frequent antique shows and yard sales, this class will teach you how to post tag sale items and any other discoveries on eBay or profit. The instructor will bring an item to class and go through all of the real-time steps needed to post this item on eBay. The hands-on instruction will include photographing the item, selecting its proper category, and creating an eBay title, description, start price,

condition, duration of auction, and shipping tips. Please note: This course will be taught through an online format, using WebEx. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32726 | Fee: \$30

1 Monday | 10/26

7-9:30 p.m. | Online

Instructor: Ralph Labozzo, M.B.A.

Estate Planning: How to Protect Your Family and Finances

You may think that drafting an estate plan is straightforward but, in reality, if you make mistakes you could jeopardize everything you've worked for. Just because you have a will or trust does not necessarily mean that you have "all the bases covered." Learn about the difference between a will and a trust. Why isn't a will sufficient in itself? Do you need a power of attorney? We will share real-life stories that show you the dangers of common estate-planning mistakes. Failing to fund or revoke a living trust, using ambiguous provisions, titling assets improperly, and not updating beneficiary designations are just some of the mistakes to avoid. Informational booklet is included with the course fee. Please note: This course will be taught as a webinar through the law firm's online platform. The instructor will contact students with further instructions before the start of class.

CRN 32685 | Fee: \$15

1 Thursday | 9/17

6:30-8 p.m. | Online

Instructors: Attorneys from Czepiga Daly Pope & Perri

Planning for Long-Term Care: Understanding Medicaid and How to Protect Your Assets

Should you give your home to your children? How can you get the state to pay for nursing home and home care costs? How do single individuals and married couples qualify for Medicaid benefits, while keeping their assets and protecting their children's inheritance? Is long-term healthcare insurance a good idea? Get the answers to these questions and a lot more. If you know the rules and plan ahead, you can still protect your hard-earned assets. Informational booklet is included with the course fee. Please note: This course will be taught as a webinar through the law firm's online platform. The instructor will contact students with further instructions before the start of class.

CRN 32737 | Fee: \$15

1 Thursday | 9/24

6:30-8 p.m. | Online

Instructors: Attorneys from Czepiga Daly Pope & Perri

All classes are online unless a specific room location has been assigned.



Understanding Trusts: Are They Right for You?

You've heard about trusts, but what exactly are they and what do they do for you? You've also likely heard about the different types: revocable, irrevocable, special needs and testamentary. In a nutshell, a trust is an ownership system between three people—a person who gives a second person the legal right to hold money (or other assets) for the third person who receives the money. Simple, right? Well ... there's a little more to trusts than just that. In this course we'll explain how trusts are created, explain the different types of trusts, and go over who you should choose to participate. You'll leave knowing how to use trusts to minimize and/or avoid taxes, protect assets and keep public benefits for loved ones with special needs, and avoid probate court. Whether you are new to trusts, or even understand them well, you'll understand how to use these powerful planning tools to your advantage. Informational booklet is included with the course fee. Please note: This course will be taught as a webinar through the law firm's online platform. The instructor will contact students with further instructions before the start of class.

CRN 32736 | Fee: \$15

1 Thursday | 10/1

6:30-8 p.m. | Online

Instructors: Attorneys from Czepiga Daly Pope & Perri

Strategies for Couples to Maximize Social Security Benefits

If you're approaching retirement, and not currently collecting Social Security, one of the most important elements of your retirement planning is understanding how Social Security works. Identifying which option will provide the best combination of current and future income for you and your spouse can be an arduous task. Topics will include how to quickly and easily sort through 700 possible filing

combinations, methods to increase your benefits and provide thousands more in retirement income, how coordination of benefits will help you and your spouse obtain the highest level of retirement income, and why the Senior Citizens Freedom to Work Act allows recipients to begin receiving benefits while their own benefits continue to grow.

CRN 32684 | Fee: \$15

1 Thursday | 10/8

6-7:30 p.m. | SSC L240

Instructor: Frank Germano, CFP®

Estate Planning for Retirees

"How can I protect my money and property in my retirement years?" There are plenty of myths about estate planning, and this class will dispel those myths. We will cover wills, living wills, power of attorney, health care powers and different types of trusts. If you're concerned about taxes (and who isn't?), this class will present avoidance strategies for probate, as well as the new State and Federal gift and death taxes. You will also learn strategies to protect your assets against health care costs, and we'll even touch upon document storage options. Primarily geared toward retirees, this class will allow for question-and-answers to address your specific needs.

CRN 32683 | Fee: \$15

1 Tuesday | 10/20

3:30-5 p.m. | SSC L240

Instructor: Frank Germano, CFP®

All classes are online unless a specific room location has been assigned.



FITNESS AND RECREATION

Zumba® Fitness and Workout

This Zumba class is designed for everyone who wants to burn calories and feel good about themselves. Zumba is a fun and effective workout for all ages and participants with different dance skills. Students will experience a wide variety of dance genres, including merengue, cumbia, reggaeton, salsa, Bollywood, Middle Belly Dance and others. For each song, the instructor starts with simple movements and gradually adds variation and cardio movements to the choreography. Have fun, while staying in shape! Please note: This course will be taught online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32718 | Fee: \$65

6 Saturdays | 9/12-10/24 (does not meet 10/10)

11:30 a.m.-12:30 p.m. | Online

CRN 32719 | Fee: \$65

6 Saturdays | 10/31-12/12 (does not meet 11/28)

11:30 a.m.-12:30 p.m. | Online

Instructor: Joy Ann Tso, M.A.



Lifestyle Wellness Coaching

This self-paced, online-mentored certification course will teach personal trainers and sports conditioning coaches the communication skills that are necessary to effectively interact with and motivate clients and athletes toward reaching their goals. You will learn that providing specific insights into an individual's wellness and psyche is just as vital to their long-term success as creating a sustainable exercise program. You will learn and share with your client personal awareness techniques that will open up new possibilities for them and help them overcome previous limitations. The course includes video lessons that will demonstrate the skills of successful lifestyle coaching and allow you to practice and build confidence in your coaching relationships. This is the next level in your professional growth to build your personal trainer business and increase your billable hours. The course includes the online exam. Students earn 11 W.I.T.S. Continuing Education Credits. Please note: This course will be taught online through the WITS platform. The instructor will contact students with further instructions.

CRN 32705 | Fee: \$499

13 hours | Self-paced, 4 weeks | 9/19-10/10

Online

Instructor: World Instructor Training School (WITS) staff

All classes are online unless a specific room location has been assigned.

LANGUAGES

Introduction to Spanish

Learn basic conversational Spanish grammar and vocabulary, including greetings, formal vs. informal language and when to use each, the alphabet and pronunciation, and other fundamentals. Simple sentence structures will be taught and practiced. The goal of this course is focused more on conversational skills than memorization of grammatical rules. Some aspects of the Spanish culture will also be discussed. An English/Spanish dictionary is recommended. The instructor provides instructional material, which may be uploaded on a USB drive. It is strongly recommended that students bring a flash drive to class. Please note: This course will be taught through an online platform, using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32688 | Fee: \$225

8 Thursdays | 9/10-10/29

7-9 p.m. | Online

Instructor: Raul Moeremans, M.A.

French for Beginners

Learn the basic elements of the French language quickly and effectively and begin speaking in the very first class. While learning pronunciation and basic grammar, you will soon be able to introduce yourself and your family, talk about hobbies and interests, learn numbers, tell time, talk about the weather, and many other fun and useful topics. Required textbook: French is Fun: Lively Lessons for Beginners (ISBN 9781531100285) for approximately \$25. Students may order the text online through the publisher: www.amscopub.com/french-is-fun-book-1-fifth-edition.html and should plan to have it by the first session. Please note: This course will be taught online, using WebEx; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32686 | Fee: \$185

7 Mondays | 9/14-10/26

6-8 p.m. | Online

Instructor: Marianne Labergerie, M.S., M.B.A.

French for Beginners II

In this continuation of French for Beginners, or for anyone with prior French language experience, students will further their learning of grammar, listening and speaking skills. We will also learn types of clothing, body parts, days of the week, months of the year, dates, weather, sports and music. The course will continue with the same required textbook used in the introductory course: (see textbook

information in previous course). Please note: This course will be taught online, using WebEx; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32687 | Fee: \$185

7 Mondays | 11/2-12/14

6-8 p.m. | Online

Instructor: Marianne Labergerie, M.S., M.B.A.

Advanced German

For students who have completed Beginning German I and II, or if you have a year or more of college-level German language study, this course includes intermediate/advanced grammar and a variety of activities in German, such as stories, news, movies, poems and music. Information about the recommended textbook, for approximately \$40, will be provided at the first class. Please note: This course will be taught online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32689 | Fee: \$199

8 Tuesdays | 9/8-10/27

7-9 p.m. | Online

Instructor: Dorothea Glatte, B.A., M.R.E.



All classes are online unless a specific room location has been assigned.



LANGUAGES

Introduction to Chinese

Students will learn conversational Chinese, including vocabulary, grammar, greetings, weather, time and number expressions. While the class will provide a brief introduction to written Chinese, the course will focus more on developing students' speaking and listening skills. Aspects of Chinese culture will be studied through movies, music and food. After taking this class, students will be able to demonstrate a beginning level of understanding of Chinese culture and be able to present themselves in a culturally appropriate way in Chinese-speaking communities. Instructional material will be provided by the instructor. Optional recommended text: Integrated Chinese (Simplified Characters Edition), Level I, Part I, Cheng & Tsui (ISBN 9780887276385), available at local or online bookstores for approximately \$50. Please note: This course will be taught online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32738 | Fee: \$130

6 Saturdays | 9/12-10/24 (does not meet 10/10)

9-11 a.m. | Online

Instructor: Joy Ann Tso, M.A.

Introduction to Chinese II

Designed for students who have taken Introduction to Chinese or have prior Chinese learning experience, this class will help students further develop their skills in speaking, listening, reading and writing. Students will learn more advanced grammar and vocabulary, which will allow them to express their thoughts and be able to have more complicated conversations with native speakers. Chinese culture, such as food, movies and overall ideology, will also be discussed. The material will be provided by the instructor. Optional recommended text: Integrated Chinese (Simplified Characters Edition), Level I, Part I, Cheng & Tsui (ISBN 9780887276385), available at local or online bookstores for approximately \$50. Please note: This course will be taught online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32739 | Fee: \$130

6 Saturdays | 10/31-12/12 (does not meet 11/28)

9-11 a.m. | Online

Instructor: Joy Ann Tso, M.A.

All classes are online unless a specific room location has been assigned.

MUSIC

History of the Blues and the Roots of American Music

The blues is a true American musical treasure: it had its roots in the Mississippi delta, spread to northern American cities as African Americans moved north, had a huge influence on rock 'n' roll, and is still a vibrant musical form today. We'll analyze the meaning and appeal of blues music and why it has remained popular for 100 years, while examining the music of influential blues men, including Robert Johnson, Muddy Waters and Eric Clapton, and influential blues women, such as Bessie Smith, Memphis Minnie and Bonnie Raitt. We'll consider how some blues songs express tremendous suffering, while other blues songs express tremendous joy. As Muddy Waters famously sang, "The blues had a baby and they named it rock and roll"---we'll additionally analyze how that transition took place. Please note: This course will be taught through an online format, using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32730 | Fee: \$60

4 Mondays | 9/14-10/5

7-9 p.m. | Online

Instructor: Stephen Armstrong, M.A.

Last of the Mississippi Jukes

Directed by Robert Mugge, this 2003 documentary explores the fading traditions of rural Mississippi juke joints---a juke joint being the vernacular term for a bar featuring music and entertainment, primarily operated by African Americans in the southeastern United States. The film focuses on two well-known Mississippi blues venues: the legendary Subway Lounge which, for three decades, operated in the basement of the historic, Black-owned Summers Hotel in Jackson, Mississippi, and the Ground Zero Blues Club, co-owned by actor Morgan Freeman, in Clarksdale, Mississippi. The film features live footage of many present-day blues musicians who are still trying to keep the juke joint tradition alive. The film is an excellent complement to the instructor's four-week course, History of the Blues and the Roots of American Music. Please note: This course will be taught through an online format, using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32729 | Fee: \$10

1 Monday | 10/19

7-9:30 p.m. | Online

Instructor: Stephen Armstrong, M.A.



Can't You Hear the Wind Howl?: The Life and Music of Robert Johnson

This ambitious combination of dramatic reconstruction and traditional documentary provides illuminating insight into the life and music of legendary bluesman Robert Johnson. Narrated by Danny Glover and featuring Keb' Mo playing the role of Johnson, the film creates a unique "docudrama" genre by presenting well-researched information with dramatic impact. Including interviews with bluesmen who knew Johnson personally, such as Johnny Shines, Robert Lockwood Jr., and Honeyboy Edwards, the film is an excellent complement to the instructor's four-week course, History of the Blues and the Roots of American Music. Please note: This course will be taught through an online format, using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32728 | Fee: \$10

1 Monday | 10/26

7-9:30 p.m. | Online

Instructor: Stephen Armstrong, M.A.

All classes are online unless a specific room location has been assigned.

MUSIC

The Magic of Fingerstyle Guitar

Fingerstyle, or finger-picking guitar playing, is a wonderfully flexible technique that can be applied equally to rock, folk, new age, classical, flamenco, Latin and jazz styles. Learning this creative approach of fingerstyle playing will allow you to perform at a higher level. Whether your focus is on Bach or Hendrix, you will learn how fingerpicking techniques apply to steel, nylon-stringed instruments and electric guitars. Required text: Basic Guitar Writing Book (ISBN 1890281131), Santorella, available at MCC Bookstore, for approximately \$7. Prerequisite: Beginning or Continuing Guitar, or some guitar playing experience. Please note: This course will be a taught through an online format, using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32678 | Fee: \$140

6 Mondays | 9/14-10/26 (does not meet 10/12)

7:15-8:45 p.m. | Online

Instructor: David Giardina, B.A.

Acoustic Folk Rock for Guitar

Learn strumming and fingerstyle techniques played by the likes of Paul Simon; Bob Dylan; Joni Mitchell; The Eagles; The Beatles; America; Crosby, Stills & Nash; Jose Feliciano and others. Broaden your musical range and technical ability. Music will be in tab with chord symbols and suited for any level above beginner. Handouts will be provided. Please note: This course will be a taught through an online format, using Zoom. Students must have a webcam and microphone on their home computer or device. The instructor will contact students with further instructions before the start of class.

CRN 32763 | Fee: \$140

6 Tuesdays | 9/15-10/20

7:15-8:45 p.m. | Online

Instructor: David Giardina, B.A.

NUTRITION

Fact versus Fiction: What Foods Are Right for You?

If you're totally confused by the mountains of information, pro and con, about the many diets in the news today, maybe it's time you got some straight information. This informative class, taught by a naturopathic physician, will allow you to do just that. Learn what a non-inflammatory diet is and whether the foods popular in today's culture fit the bill. Learn what carbohydrates are really all about and whether any can be termed "good carbs." Find out which protein is helpful to your health, how much fiber your diet should include, and which fats are needed for a healthy body. Once you separate fact from fiction, you'll be well on your way to a healthier "you." Please note: This course will be taught online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32692 | Fee: \$25

1 Wednesday | 9/23

7-9 p.m. | Online

Instructor: Marie Mammone, N.D.

Natural Support for Brain Health

Young and old need to support the health of their brains. Whether you are 25 or 75, it's always a good time to think about ways to keep your mind healthy. People with strong minds live a richer and more fulfilling life. There is no "magic pill" for your brain; it is part of a whole ecosystem that includes your body and all your surroundings. Your brain is only two percent of your body weight, yet consumes 20 percent of the body's glucose. How to feed and care for it? This class will help you learn lifestyle recommendations, dietary tips and nutrients that will support your brain health. Please note: This course will be taught online, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32743 | Fee: \$25

1 Thursday | 10/15

7-9 p.m. | Online

Instructor: Marie Mammone, N.D.



All classes are online unless a specific room location has been assigned.

PHOTOGRAPHY

Digital Camera Introduction

Learn the fundamentals of digital photography using a consumer-model digital camera. All aspects of the digital camera will be discussed, including how to use the lens, viewfinder, focus, aperture, shutter, digital file formats and image storage, as well as how to work in a photo-editing program. We will learn how to import and save photographs, methods of color correction, enhancement, how to size and prepare images for print and the web, and also compare popular digital camera models. It is not necessary to own a digital camera, but if you do, please bring it along with your instruction manual. Prerequisite: Basic Windows and keyboarding skills. Please note: This course will be taught through an online format, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students prior to class with further instructions.

CRN 32703 | Fee: \$105

2 Fridays | 9/11-9/18

6-9 p.m. | Online

Instructor: Richard Hoyer, M.A.

Digital Camera Next Step

Making the leap from film to digital photography was scary, but you did it. And now that you've had some time to enhance your digital photo skills, and maybe even learned how to load your photos into the computer and digitally enhance them, you're ready for more. In this advanced course, learn how to control digital photography from camera to computer. Topics will include advanced techniques for taking better digital photos, digital picture management, advanced camera controls, enhancing your pictures via software, and successful printing and web usage techniques. Bring your digital camera and your questions to this informative, hands-on class.

Please note: This course will be taught through an online format, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students prior to class with further instructions.

CRN 32699 | Fee: \$105

2 Fridays | 10/2-10/9

6-9 p.m. | Online

Instructor: Richard Hoyer, M.A.



Using Your Digital SLR

This class will focus on the specifics of using a digital SLR and will answer many of the questions on how to get the most out of your new camera. Topics will include choosing the proper file format and resolution, compression, lenses, white balance, color space, exposure compensation, saturation and contrast controls. Classroom presentations and hands-on experience will help you to learn about your camera and the use of the RAW file format. The class will also use Adobe Photoshop to demonstrate downloading images and processing RAW file formats, as well as learning essential tools for processing digital photographs. Students should have their own digital SLR camera. Please note: This course will be taught through an online format, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students prior to class with further instructions.

CRN 32700 | Fee: \$105

2 Fridays | 10/16-10/23

6-9 p.m. | Online

Instructor: Richard Hoyer, M.A.

All classes are online unless a specific room location has been assigned.

PHOTOGRAPHY

Advanced Digital SLR

Advanced photographic topics relating to digital SLRs will include improving images with Adobe Photoshop CC; focusing on exposure and image quality-control in a variety of challenging lighting situations, including creative use of on-and off-camera flash units; color correction; masking techniques; nondestructive editing; and using Photoshop to explore the digital imaging workflow. Some elements of Adobe Camera RAW will also be covered. You must bring your digital SLR camera to class. Prerequisite: Using Your Digital SLR is highly recommended. Please note: This course will be taught through an online format, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students prior to class with further instructions.

CRN 32704 | Fee: \$55

1 Friday | 11/6

6-9 p.m. | Online

Instructor: Richard Hoyer, M.A.

Photography Composition Techniques

There is one element that can really improve your photographs, one feature that can lift your photo from snapshot to art: a sense of composition. Digital cameras and image processing software provide impressive control over exposure and color balance, but your photos will never succeed if the contents don't come together. This class is designed to help you refine your vision and improve your compositions. We will look at framing, patterns, movements, focal point and creating depth. We will also look at examples of photographs that highlight compositional rules and techniques that will make a difference in your photos.

Please note: This course will be taught through an online format, using Zoom; students must have a webcam and microphone on their computer or device. The instructor will contact students prior to class with further instructions.

CRN 32702 | Fee: \$55

1 Friday | 11/20

6-9 p.m. | Online

Instructor: Richard Hoyer, M.A.

Stock Photography for Fun and Profit

Learn how to use your photographic skills to make money through stock photography. Stock photographers shoot a variety of images and place them with stock agencies who then market them to magazines, advertising firms and textbook companies all around the world. All aspects of the stock photography business will be covered. Topics will include determining what kind of images sell and don't sell, creating a catalog of your pictures, working with metadata, and determining which specific stock agencies are best suited for your photos. Learn how to tap into this potentially lucrative source of extra income! Please note: This course will be taught online, using WebEx. Students must have a microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32701 | Fee: \$75

2 Tuesdays | 9/15-9/22

6-9 p.m. | Online

Instructor: Peter Glass, M.A.

NEW Take Great Photographs with Your Smartphone

The quality of smartphone cameras, whether Android or iPhone, is improving rapidly and their capabilities extend far beyond "selfies" (which will not be covered in class). We will explore the manual and shutter priority mModes that will allow you to control your pictures. Classroom topics will include basic photography theory, identifying and setting camera controls, handholding techniques, useful accessories for your smartphone camera, finding and installing the best smartphone camera apps, and what to look for when buying a smartphone. Students will then use their phones to take some campus shots, while the instructor provides feedback. An informational handout is included. Please note: This course will be taught online, using WebEx. Students must have a microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32747 | Fee: \$40

1 Wednesday | 10/14

6-9 p.m. | Online

Instructor: Peter Glass, M.A.

All classes are online unless a specific room location has been assigned.

WRITING, PUBLISHING AND LITERATURE

More Great Books

Come join a community of avid readers in this popular series of book discussions led by MCC faculty and staff members. Offering a provocative mix of new and classic literature each semester, the course meets at two-week intervals to allow time for reading. Books are available at local and online bookstores and at most libraries. Copies will be also available in the MCC Library on a first-come, first-served basis. Please note that availability may be limited, depending on the book's popularity or release date, so we recommend calling the Library 860-512-2880 to confirm. Please note: This course will be offered online, using WebEx. Students must have a webcam and microphone on their computer or device. The instructor will contact students before class with further instructions.

CRN 32673 | Fee \$20

6 Wednesdays | 9/23-12/2 (meets every other week)

3:30-5 p.m. | Online

Instructors: Jana Sime, Math faculty; Kimberly Hamilton-Bobrow, Lois Coleman, Lisa Sandoval, and Andrew Sottile, English faculty; Negussie Tirfessa, Physics faculty; and Tanya Millner, Interim Associate Vice President for Teaching and Learning, CSCU.

9/23 – *The Book Woman of Troublesome Creek* by Kim Michele Richardson

"Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s, *The Book Woman of Troublesome Creek* is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere—even back home." [From the book.] Instructors: Jana Sime and Kim Hamilton-Bobrow

10/7 – *The Stranger in the Woods: The Extraordinary Story of the Last True Hermit* by Michael Finkel

This is a story of Christopher Knight, who left his home in Massachusetts in 1986 at age 20, drove to Maine, and disappeared into the woods for the next 27 years. Instructor: Negussie Tirfessa

10/21 – *Mercer Girls* by Libbie Hawker

Mercer Girls relates the story of three young women who, just as the Civil War ends, set out from a bleak and economically ravaged Lowell, Massachusetts for Seattle, "male-order brides, yes, but of a certain caliber." The historical and literary novel employs the lens of three strong, courageous and resilient women who "see their chance to exchange their bleak prospects for new lives." Instructor: Lois Coleman

11/4 – *Dad's Maybe Book* by Tim O'Brien

American novelist Tim O'Brien, best known for his fiction about the Vietnam War (*The Things They Carried*, *In the Lake of the Woods*), shows his sensitivity and wisdom in *Dad's Maybe Book*, a series of letters and essays for his teenage sons. As the publisher notes, this collection "traverses the great variety of human experience and emotion, moving from soccer games to warfare to risqué lullabies, from alcoholism to magic shows to history lessons to bittersweet bedtime stories, but always returning to a father's soul-saving love for his sons." Our conversations will focus on the dangers of absolutism, the misleading nature of euphemism, and the joys of parenthood. Instructor: Andrew Sottile

11/18 – *Obabakoak: Stories from a Village* by Bernardo Axtaga (Translated by Margaret Jull Costa)

How does one save the dying language of a politically suppressed culture? Bernardo Axtaga's answer is to author a novel in that language (and maybe to resort to plagiarism). *Obabakoak*, winner of Spain's National Prize for Literature, is a collection of intertwining short stories from a Basque village, written in what Axtaga calls "the language of a tiny nation, so small you cannot even find it on the map," then translated by the author into Castilian Spanish, so that culture can reach beyond its borders. Instructor: Lisa Sandoval

12/2 – *Blood & Water* by Katie O'Rourke

"Tucson, Arizona is a place for runaways. Everyone came from somewhere else and has a story about what they left behind. Delilah arrives on her brother's doorstep with a secret. She hasn't seen him in five years. He ran away from their family long ago for reasons no one talks about and she still doesn't understand. The stress of raising his teenage daughter alone sometimes makes David envious of his deliberately childless friends, Tim and Sara, but they're runaways too, harboring secrets of their own. *Blood & Water* tells their stories and traces the deep connections between this unlikely group of friends. This novel is about family in its various manifestations: the one you're born into, the one you choose, and the one you create." [From the book.] Instructor: Tanya Millner

All classes are online unless a specific room location has been assigned.

WRITING, PUBLISHING AND LITERATURE

MCC Reads

Bring your passion for literature to this series of discussion and critique on contemporary and classic books, led by MCC librarians and instructors. Books are available at local and online bookstores and at most libraries. Copies will be also available in the MCC Library on a first-come, first-served basis. Please note that availability may be limited, depending on the book's popularity or release date, so we recommend calling the Library 860-512-2880 to confirm. Required for this online course: Internet access and computer. Microphone and webcam needed for live audio/video training. This course will be taught using Zoom. The instructor will contact students with further instructions before the start of class.

CRN 32672 | Fee: \$15

3 Tuesdays | 9/8, 9/29 and 10/20

6-7 p.m. | Online

Instructors: Patricia Ronalter, M.L.S.; and Katherine Noonan, M.L.I.S.

9/8 - *Rules of Civility* by Amor Towles

On the last night of 1937, 25-year-old Katey Kontent is in a second-rate Greenwich Village jazz bar with her boarding house roommate, stretching three dollars as far as it will go, when Tinker Grey, a handsome banker with royal blue eyes and a tempered smile, happens to sit at the neighboring table. This chance encounter and its startling consequences propel Katey on a

yearlong journey from a Wall Street secretarial pool toward the upper echelons of New York society and the executive suites of *Condé Nast*—rarefied environs where she will have little to rely upon other than a bracing wit and her own brand of cool nerve. Instructor: Patricia Ronalter

9/29 - *The Testaments* by Margaret Atwood

When the van door slammed on Offred's future at the end of *The Handmaid's Tale*, readers had no way of telling what lay ahead for her—freedom, prison or death. With *The Testaments*, the wait is over. Margaret Atwood's sequel picks up the story more than fifteen years after Offred stepped into the unknown, with the explosive testaments of three female narrators from Gilead. Instructor: Katherine Noonan

10/20 - *The Jane Austen Society* by Natalie Jenner

One hundred and fifty years ago, Chawton was the final home of Jane Austen, one of England's finest novelists. Now it is home to a few distant relatives and their diminishing estate. With the last bit of Austen's legacy threatened, a group of disparate individuals come together to preserve both Jane Austen's home and her legacy. These people—a laborer, a young widow, the local doctor, and a movie star, among others—could not be more different and yet they are united in their love for the works and words of Austen. As each of them endures their own quiet struggle with loss and trauma, some from the recent war, others from more distant tragedies, they rally together to create the Jane Austen Society. Instructor: Katherine Noonan



All classes are online unless a specific room location has been assigned.



Continuing Education Non-Credit Course Registration

Complete this form. One form per person. You may register for non-credit courses by:

Email: Email completed form to ceinfo@manchestercc.edu. Once registered, students will be emailed payment instructions.

Online: Go to www.manchestercc.edu/ce. Click Web/Flexible Registration.

We are not accepting registrations via phone, walk-in or mail until further notice.

Please Note: By submitting this form, you agree to pay the course fee(s). Failure to pay course fee will not result in student being dropped. Students that register for non-credit classes will incur a bill if they do not submit a written request to Registrar's or ceinfo@manchestercc.edu to be dropped at least one business day prior to class start.

APPLICANT INFORMATION Include a day and evening phone number and email address in case we need to inform you of a scheduling change or cancellation.

First Name	MI	Last Name	Banner ID (if known)	
Previous Name (if any)		Email		
Street Address				Apt. #
City			State	Zip
Home Phone		Work Phone	Cell Phone	
Date of Birth	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female		Today's Date	

LIST COURSES:

CRN	COURSE TITLE	START DATE	TIME	ROOM	FEE

REFUNDS: Refunds are issued only for non-credit courses that MCC cancels, or if a written request is received no later than the end of the last business day prior to the first day of the course. For MCC information on non-credit course refunds, go to www.manchestercc.edu/refund.

TOTAL FEES:

August 2020/PR

Once registered, students will be emailed payment instructions. Payment is due at time of registration.

OFFICE USE ONLY

Regis. _____

Special: _____

Receipt #: _____

Date: _____

Notice of Non-discrimination:

Manchester Community College does not discriminate on the basis of race; color; religious creed; age; gender; gender identity or expression; national origin; marital status; ancestry; present or past history of intellectual disability, learning disability or physical disability; veteran status; sexual orientation; genetic information or criminal record. The following person has been designated to respond to inquiries regarding the non-discrimination policies: Debi Freund, Chief Diversity Officer (Title IX and Section 504/ADA Coordinator), Manchester Community College, Great Path, MS #9, P.O. Box 1046, Manchester, CT 06045-1046, SSC L277. Manchester Community College is an Affirmative Action/Equal Opportunity Employer and strongly encourages the applications of women, minorities, persons with disabilities, and veterans.



Continuando con el Aviso Anti-Discriminatorio

Manchester Community College no discrimina por motivos de raza; color; religión; credo; edad; sexo; nacionalidad; identidad de género o expresión; origen nacional; estado civil; ascendencia; historial presente o pasada de discapacidad intelectual, discapacidad de aprendizaje o discapacidad física; estatus de veterano; orientación sexual; información genética o antecedentes penales. La siguiente persona ha sido designada para responder consultas relacionadas a nuestra póliza anti-discriminatoria: Debi Freund, Directora de Diversidad (Título IX y la sección 504/ADA Coordinador) en Manchester Community College; Great Path, MS#9, P. O. Box 1046, Manchester, CT 06045-1046; SSC L277. Manchester Community College está bajo el plan de Acción Afirmativa/Empleador de Igualdad de Oportunidades y alienta encarecidamente las aplicaciones de mujeres, minorías, personas con discapacidad y veteranos.

The college reserves the right to make any necessary changes in the information listed in this publication.

Alternative formats of this material may be provided upon request.

MCC makes every effort to ensure that all information provided is accurate. The information is subject to change. The online student registration system provides the most accurate listing of courses, available seats and other updates. August 2020/PR

Coronavirus (COVID-19) Pandemic Disclaimer

Beginning March 2020, Connecticut along with the rest of the United States suffered the effects of the COVID-19 coronavirus pandemic. Day-to-day life as it existed before the pandemic changed drastically, and individuals and institutions adapted to new practices and behaviors. Normative actions now include wearing facial masks, maintaining social distance, and working and learning remotely. Learning about and adherence to Center for Disease Control and Prevention (CDC) guidance has become a way of life. As we plan for the next academic year, so much is uncertain, including the continuing threat of COVID-19.

The Connecticut State Colleges and Universities (CSCU) must adapt to meet this reality. Going forward, it is up to all of us – faculty, staff and students – to do our part to ensure our campus community stays as healthy and safe as possible. This is a shared responsibility, and every member of our community must adhere to national, state, and local health guidelines and requirements, and adhere to those measures Manchester Community College deems safe and appropriate for the campus. This will include social distancing, wearing masks or other facial coverings, not reporting to class or work if sick, and isolating when required.

Although Manchester Community College is readily developing a schedule of courses that include some in-class and on-ground instruction, no one knows what the future may hold. In the case of an outbreak of the coronavirus or other illness, the institutions reserve the right to adapt the format of any class to an entirely online/distance learning modality as public health conditions warrant. Such change will not result in any increase or decrease of tuition and fees. We all understand that tuition and fees are in exchange for learning, academic credit, and certain non-academic services regardless of whether taught on-ground, in a hybrid environment or entirely remotely.

Most important to CSCU and Manchester Community College is the health, safety, and welfare of every member of its community. Yet, despite campus efforts to comply with health and safety guidelines, it is not possible to guarantee a disease free environment, or to guarantee that campuses will not close and return to an online-only learning environment. These are the realities of working and learning during a pandemic. If you choose to return to campus during the pandemic, you accept that you are willing to do your part to keep the campus safe and acknowledge that you may be required to complete your course work in an evolving or remote learning environment.

The Manchester Community College community is looking forward to welcoming you back.